

**AMENDMENTS TO THE CLAIMS:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**LISTING OF CLAIMS:**

Claim 1 (Original): A regulator for the amount of body fat comprising a medium chain triglyceride, wherein 90% by mass or more of fatty acids constituting medium chain triglycerides are comprised of saturated fatty acids having 8 and 10 carbon atoms, the ratio by mass of the saturated fatty acids having 8 carbon atoms to the saturated fatty acids having 10 carbon atoms is 60:40 to 85:15, and the saturated fatty acids having 8 carbon atoms is present in an amount of 60 to 85% by mass of the total fatty acids bonded to the triglycerides at the 2-position.

Claim 2 (Original): The regulator for the amount of body fat as claimed in claim 1, wherein the medium chain triglyceride is contained in an amount of 5% by mass or more.

Claim 3 (Canceled).

Claim 4 (Previously Presented): The regulator for the amount of body fat as claimed in claim 1, further comprising an animal and vegetable oil.

Claim 5 (Previously Presented): The regulator for the amount of body fat as claimed in claim 1, further comprising vitamin E.

Claim 6 (Previously Presented): The regulator for the amount of body fat as claimed in claim 1, further comprising a phytosterol.

Claim 7 (Previously Presented): A method for regulating the amount of body fat comprising the step of administering the regulator for the amount of body fat as claimed in claim 1 to those having a BMI value of 23 or more and controlling the accumulation of body fat of them.

Claim 8 (Previously Presented): A food product for regulating the amount of body fat, comprising the regulator for the amount of body fat as claimed in claim 1.

Claim 9 (Original): The food product for regulating the amount of body fat as claimed in claim 8, which is in the form of an edible oil, mayonnaise, margarine, prepared margarine, fat spread, dressing, bread, ice cream, confection, doughnut, muffin, scone, or deep-fried food.

Claim 10 (New): The regulator for the amount of body fat as claimed in claim 1, wherein the ratio by mass of the saturated fatty acids having 8 carbon atoms to the saturated fatty acids having 10 carbon atoms is 70:30 to 80:20, and the saturated fatty acids having 8 carbon atoms is present in an amount of 65 to 80% by mass of the total fatty acids bonded to the triglycerides at the 2-position.

Claim 11 (New): A method for regulating the amount of body fat comprising the step of administering a regulator for the amount of body fat, which comprises a

medium chain triglyceride in an amount of 40% by mass or more, to those having a BMI value of 23 or more and controlling the accumulation of body fat of them.